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Anger: Handling a Powerful Emotion in a Healthy Way

Gary Chapman

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A relative makes a tactless comment about your child's weight. The guy behind you on the expressway follows too closely. Your wife lets the gas tank go down to empty . . . again. Life is full of frustrations—some big, some little. And while you might not be ready to blow, it's easy to grow bitter and angry in the wake of disappointment, hurt, rejection, and embarrassment. Anger is a reality of life. But it doesn't have to control your life. And in fact, anger can be used for good—and can even change the world! In Anger: Handling a Powerful Emotion in a Healthy Way, the revised and updated edition of The Other Side of Love, Dr. Gary Chapman offers helpful—and sometimes surprising—insights into why you get angry and what you can do about it. Using real-life examples of transformed lives and relationships, Chapman explains how to recognize the difference between "bad" anger and "good" anger, use anger to motivate you toward positive change, release long-simmering resentment, teach your children how to deal with anger, and more . . .

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